



Peri-Peri Roast Lamb Rump & Fetta Salad

with Creamy Ranch Drizzle

NEW

Grab your Meal Kit with this symbol



Lamb Rump



Peri-Peri Seasoning



Carrot



Tomato



Cucumber



Mixed Salad Leaves



Ranch Dressing



Fetta Cubes



Fetta Cubes

Prep in: 15-25 mins
Ready in: 40-50 mins

Carb Smart

Bring this elevated salad to your table tonight for a tasty, textural treat! Crisp vegetables team perfectly with tender peri peri lamb and a generous scattering of creamy fetta for an impressive and easy mid-week dinner.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Honey, White Wine Vinegar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
lamb rump	1 medium packet	1 large packet
peri-peri seasoning	1 medium sachet	2 medium sachets
honey*	1 tsp	2 tsp
carrot	1	2
tomato	1	2
cucumber	1	2
mixed salad leaves	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
ranch dressing	1 medium packet	2 medium packets
fetta cubes	1 medium packet	1 large packet
fetta cubes**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1538kJ (368Cal)	366kJ (87Cal)
Protein (g)	43.5g	10.3g
Fat, total (g)	14.6g	3.5g
- saturated (g)	4.7g	1.1g
Carbohydrate (g)	14.6g	3.5g
- sugars (g)	11.6g	2.8g
Sodium (mg)	1053mg	250mg
Dietary Fibre (g)	6.3g	1.5g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1678kJ (401Cal)	387kJ (92Cal)
Protein (g)	45.7g	10.6g
Fat, total (g)	17.3g	4g
- saturated (g)	6.5g	1.5g
Carbohydrate (g)	14.6g	3.4g
- sugars (g)	11.6g	2.7g
Sodium (mg)	1265mg	292mg
Dietary Fibre	6.3g	1.5g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



Sear the lamb

- Preheat oven to **220°C/200°C fan-forced**. Lightly score **lamb rump** fat in a 1cm criss-cross pattern. Season **lamb rump** all over and place, fat-side down, in a large frying pan.
- Place pan over medium heat and cook undisturbed until golden, **10-12 minutes**.
- Increase heat to high and sear **lamb rump** on all sides for **30 seconds**. Transfer, fat-side up, to a lined oven tray.

TIP: Starting the lamb in a cold pan helps the fat melt without burning.



Make the salad

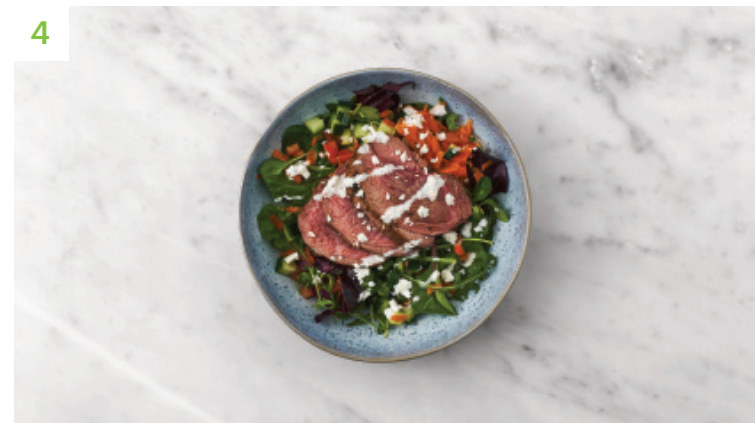
- While the lamb is resting, grate **carrot**.
- Roughly chop **tomato** and **cucumber**.
- In a large bowl, combine **carrot**, **cucumber**, **tomato**, **mixed salad leaves** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.



Roast the lamb

- In a small bowl, combine **peri-peri seasoning**, the **honey** and a drizzle of **olive oil**.
- Spread **spice mixture** all over lamb using the back of a spoon.
- Roast **lamb** for **15-20 minutes** for medium or until cooked to your liking. Remove from oven and rest for **10 minutes**.

TIP: The meat will keep cooking as it rests!



Serve up

- Slice lamb.
- Divide salad and peri-peri lamb between plates.
- Drizzle over **ranch dressing**.
- Crumble over **fetta cubes** to serve. Enjoy!

Custom Recipe: If you've doubled your fetta cubes, crumble as above.

Rate your recipe

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